



Hampton Inn Dulles Cascades

Sterling, Virginia

Virginia Green is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. *Virginia Green* has established "core activities" specific to each sector of tourism, and these practices are considered the required minimum for participation in the program. However, *Virginia Green* encourages its participants to reduce their environmental impacts in all aspects of their operations; and this profile provides a full list of all their "green" activities. These are the activities that guests / customers can expect to find when they visit this facility.

Hampton Inn Dulles Cascades



"Located near Dulles International Airport and close to all of Washington DC's attractions, you'll find at the Hampton Inn Cascades. Nestled in the heart of the Cascades Town Center, you'll find an abundance of restaurants, shops and entertainment opportunities just a short walk from the hotel's front door. Enjoy the deluxe hot breakfast buffet served by our friendly and professional staff. For leisure, enjoy the basketball/volleyball sport court, large indoor pool with outdoor sundeck, jacuzzi spa and the expansive exercise facility."

Green Statement: "The B. F. Saul Company Hotel Division rolled out an initiative termed "Our Big Green." This initiative committed the hotel division to become a leader in the hospitality industry for the sustainability of our environment. We have implemented leading and innovative business practices, provide education and training, utilize eco-friendly products, enhance daily work habits and monitor compliance and success."

CORE ACTIVITIES for Lodging

“☒” This symbol indicates a required activity for Virginia Green Lodging facilities. Participants self-certify that these activities are in place and they provide additional specifics on other activities. Visitors to the Hampton Inn Dulles Cascades can expect the following practices:

☒ **Optional Linen Service.** Virginia Green Lodging facilities must have some sort of system in place that allows guests to not have their sheets and towels changed every day. This facility pledges that they:

- Change linens only upon request
- Train house cleaners on process for optional linen service
- Minimize use of bleach and chlorinated chemicals

☒ **Recycling and Waste Reduction.** Virginia Green Lodging facilities must recycle Glass Bottles and are highly encouraged to maintain a comprehensive recycling program. This facility pledges that they:

- Recycle: glass, aluminum cans, steel cans, food waste (composting), grease, plastic, toner cartridges, cardboard, and fluorescent lamps
- Track overall waste bills
- Provide condiments, cream and sugar, etc. in bulk
- Use water pitches and filtered water to minimize the use of single-use bottles
- Have an effective food inventory control to minimize waste
- Purchase organic and "sustainably-grown" foods
- Purchase low VOC carpets and fabrics
- Use latex paints that are low VOC
- Properly recycle/dispose of thinners and solvents
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use a last-in/first-out inventory and labeling system

☒ **Water Conservation.** The facility must have a plan for conserving water that should consider plumbing modifications and landscaping. This facility pledges that they:

- Track overall water usage and wastewater
- Have a numeric goal to reduce water consumption over time
- Perform preventative maintenance to stop drips and leaks
- Have low flow toilets

☒ **Energy Efficiency.** The facility must have a plan in place that encourages replacement of lighting and equipment to energy-efficient alternatives. This facility pledges that they:

- Track overall energy bills
- Have had an energy audit to identify efficiency opportunities
- Have a numeric goal of how much they want to reduce their energy usage over time
- Use:
 - compact fluorescent light bulbs in all rooms and in canned lighting
 - LED Exit Signs
- Perform preventative maintenance on HVAC system
- Have individual thermostats for each room/area
- Use lighting sensors to turn on/off lights
- Use EnergyStar's Benchmarking Tools for the Hospitality Industry



☒ **Green Events Package.** The facility must offer a "green" or "environmentally-friendly" package for conferences, meetings and other events. Even if the facility only offers occasional, small events, at least recycling will be provided. This facility pledges that they:

- Promote the availability of "green meetings/conferences" in marketing packages
- Function space lights and air conditioning consumption will be used as sparingly as possible
- Any printed literature distributed will:
 - Have expanded margins for greater print area
 - Be printed on both sides of the paper
- Note paper will be made available in bulk at the back of the room; not at each place setting
- Recycling containers will be located in and around the function space
- Filtered water will be available, bottled water will not be served
- All items will be served in bulk; limiting the amount of packaging necessary
- White boards will be utilized instead of paper flip charts whenever possible
- NO Styrofoam products will be utilized
- Any pre-convention meetings hosted to review event details will be paperless
- Serve locally grown products when possible

For more information on **Hampton Inn Dulles Cascades**, see www.hamptoninndullescascades.com or contact **Cecil Porter** at cecil.porter@bfsaulco.com or at 703-450-9595.

For more information on *Virginia Green Lodging* program, see www.deq.virginia.gov/p2/lodging or go to www.viriniagreentravel.org.



Virginia Green Lodging program is a supporting partner of *Virginia Green*, the Commonwealth's campaign to encourage environmentally-friendly practices in all aspects of Virginia's tourism industry. *Virginia Green* is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

